



Attorney General Bill Schuette's **Senior Brigade**

A MICHIGAN SENIORS INITIATIVE



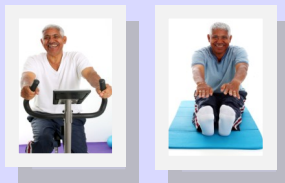
January 2012
Number 21

*Happy
New Year!*

Stay fit in 2012!

- ◆ Get in 2 hours and 30 minutes of moderately intense activity per week.
- ◆ Add in muscle strengthening activities on two or more days.
- ◆ If more than two hours of activity per week seems overwhelming, break it up into 10 minute sessions.

*Please consult
your doctor before
beginning any
fitness regimen.*



Fitness tips provided by:



National Glaucoma Awareness Month

Vision is one of life's most treasured gifts. Glaucoma is a group of eye diseases that affects all age groups, but is most common in middle-aged and older individuals. You can help fight Glaucoma by getting regular and complete eye exams. The Glaucoma Research Foundation recommends complete eye exams at the following times:

- Before age 40, every two to four years;
- From age 40 to 54, every one to three years;
- From age 55 to 64, every one to two years; and
- After age 65, every six to twelve months.

Don't let Glaucoma steal your vision! Visit the National Eye Institute's website for more information on Glaucoma.



FAMILIAR FACES!

Welcome to the 2012 Senior Brigade team! Our professionally-trained public speakers deliver Senior Brigade presentations statewide. Each individual has an extensive background in education and senior issues.



Stephanie
Anthony



Angela
Branch



Dawn
Eldred



Helen
Love



Zana
Macki



Mary
Merza



Donald
Miller



Susan
Peters



David
Rumminger



Anita
Salustro